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Fresh-frozen for the summer

The phrase 'fresh-frozen' may conjure up images of wintry landscapes, but it certainly doesn't mean that you shouldn't enjoy frozen vegetables and fruit just as much in summer. Quite the opposite! **Our fresh-frozen products are ideally suited for a wide variety of summer dishes and for barbecues, summer buffets and refreshing salad bars.**

Our range includes all the ingredients you need for healthy, fresh and colourful starters, main courses and desserts. Ready-to-eat salads are the obvious choice, but also precooked vegetables, pasta and rice for both home and professional cooks who want to work creatively are ideal.

At Ardo we do not wait for the first rays of sunshine for the summer to begin. During the previous winter (often under very extreme weather conditions) the Ardo agronomists were busy organising the upcoming spring and summer harvests. They were taking the necessary steps to harvest the planned volumes over the forthcoming months. Further on in this issue of Actual you will find an update on the **sowing and harvesting of various vegetables**.

You can also discover how Ardo is continuing to implement **sustainable policies** in our various subsidiaries.

Ardo wishes you an enjoyable, sunny and tasty summer!

Fairs

INTERCOOL - D
Düsseldorf
23-25/09/2012
Pavillion 9 - Stand 9F40
www.intercool.de

PIR MOSCOW - RU
Krokus-expo
25-28/09/2012
Pavillion 3 - Stand 2F90
www.pir.ru

CONXEMAR VIGO - ES
2-4/10/2012
www.conxemar.com

SIAL PARIS - F
21-25/10/2012
Parc des expositions
Paris Nord Villepinte
www.sialparis.com

ALLES FÜR DEN GAST
HERBST SALZBURG - A
5-9/11/2012
www.gastmesse.at

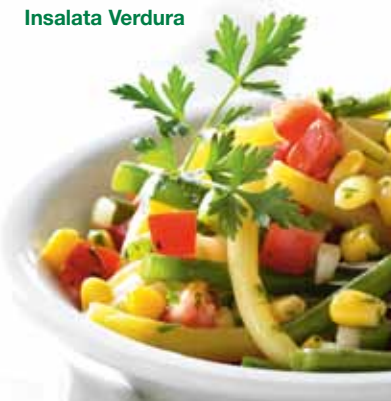


Ardo salads and fruit: summery and easy to prepare

Insalata Risoni



Insalata Verdura



Insalata Mediterranea



Taboulé



People always like something more original as a summer dish than the classic lettuce and tomato with dressing and similar. With our ready-to-eat salads Ardo provides a wonderful and varied alternative. You can serve the most delicious summer dishes in no time at all. Just thaw, serve and enjoy!

The ideal ingredients for inventive summer dishes

Do you prefer to use your own creative powers? Then Ardo makes it extremely easy, with a number of ingredients to help you quickly prepare healthy and tasty summer recipes. With the **precooked pasta or rice** combined with vegetables which do not need any extra preparation, you can serve up a delicious salad in no time at all.

Insalata Risoni **new**

A Mediterranean delight and a newcomer to our range. This **vegetable salad with Greek pasta** delivers a magnificent flavour with roasted red and yellow peppers, broccoli, pineapple and red onions. The **sweet & sour sauce made with honey and mustard** sets it all off. A summer classic in the making.

Insalata Verdura

This **colourful, ready-to-eat salad with classic vegetables** (green beans, butter beans, tomatoes and sweetcorn) **in a light mustard and herb dressing** is a sunny hit whether to be enjoyed as it is, or used as a tasty basis for making your own salad with olives, chicken or ham. Thanks to our revised recipe the colours of the vegetables stay fresher longer. And the dressing is a bit smoother, which guarantees an even more intense taste experience.

Insalata Mediterranea

An absolute must for anyone who loves pasta. This **cold pasta salad** with grilled courgettes, grilled red and yellow peppers, candied tomatoes, onions and a Mediterranean dressing based on olive oil will make everyone's mouth water. You can easily give this salad a personal touch by adding some tuna, ham or mozzarella.

Taboulé

Want to enjoy something tasty, original and exotic? You can do so with this **vegetable mix with couscous and a dressing**. Ideal for the gourmet who loves international cuisine.

Zucchini Mix

This summery looking **Mediterranean vegetable mix of half slices of yellow and green courgettes (zucchini) and the other half date tomatoes and red onions**, is the ideal accompaniment to meat and fish dishes. This mix can easily be prepared in a steamer. By adding a bit of olive oil and herbs it can also be cooked in a frying pan or in the oven. Surprisingly tasty and just wonderful!



A tip for the barbecue!

Ardo's half potatoes in their skins are a real barbecue classic. Prepare them with olive oil and add extra flavour with oregano, pepper and herbes de Provence.

A guaranteed success!

Soup tip!

When the outside temperature rises, a healthy **chilled gazpacho soup** is the ideal taste of summer. Prepare it using our diced tomatoes, peppers and cucumber and chopped onions then flavour it with garlic, sherry vinegar and a drop of olive oil.



Les Fruits

hundreds of fresh options

Thanks to our extensive range of fresh frozen fruit you can quickly prepare all kinds of tasty and healthy meals with creative flair: ice-cream with fruit, a colourful coulis or a delicious fruit dessert, smoothies, etc. This way you can show children, for example, how you can have fun with fruit. It is also the perfect basis for summer refreshments. **What about a colourful sangria with fruit brunoise?**

New products

Retro Vegetable Mix



Retro Vegetable Mix

The Retro Vegetable Mix is a mixture of coarsely chopped Jerusalem artichokes, parsnips, celeriac, butternut squash, carrots and red onions. The ingredients are perfectly blended to achieve the **ideal balance of colour, flavour and preparation time**. Perfect served with steamed or baked fish, meat or poultry. MVG610 - 4 x 2.5kg

Spinach 'Foglia'



These attractive looking '**spinach layers**' where the young spinach leaves keep their texture and shape even better, are the result of a new production process at Ardo. As the name suggests the complete spinach leaves are stacked in layers on top of each other and are then cut into **portions of approximately 125g each**. The leaves are harvested when still very young, so are **extremely tender**. You can easily divide this spinach into portions depending on how you are cooking or preparing it. Another delicious fresh-frozen item from Ardo! Also ideal for assembly kitchens
4 x 2.5kg

Contorno Italiano

With this **colourful mix of diced courgettes, potatoes Rustica and orange carrots** you can put the Italian flag on your table. This pure vegetable mix can be easily prepared in the frying pan or the oven. Add a touch of olive oil and Mediterranean herbs and serve up a real taste hit. MCT610 - 4 x 2.5kg



New Ardo herbs

Ardo is also expanding its range of herbs. **Dill** is being added to the existing 1 kg range as well as chives, parsley and the 8-herb mix. In addition, from now on these are available in easily recognisable photographic packaging.



Organic on the up

Organic foods continue to do well, including retail sales. That is why Ardo has extended its organic retail range with the addition of five new standard items, available in 600g packs:

- Diced tomatoes
- Sliced red peppers
- Broccoli mix
- Diced onions
- Sliced mushrooms

Bio

Organic

These staples are also available for Foodservice in 2.5kg packs.

Ardo is also offering an extensive range of organic vegetables and mixes in the Retail, Foodservice and Food Ingredients sectors in packs of 15 x 600g, 4 x 2.5kg and 1 x 10kg.





Sustainability

Ardo news



DUURZAAM ONDERNEMEN

Certificate for the West Flemish Environmental Charter for Sustainable Companies renewed

In our branch in Ardooie (Belgium) we carried out a large number of activities in 2011 under the certificate for the 'West Flemish Environmental Charter for Sustainable Companies'. The sustainable areas within this charter vary enormously: from people-friendly companies, via open and honest communication and a dialogue with all stakeholders, to projects for controlled consumption of raw materials and water (which is a very important aspect of our production). Thanks to the efforts of many employees, the site in Ardooie succeeded in renewing the certificate for the ninth year in a row. This is a boost for the whole team and **the proof we need that Ardo pursues a sustainable policy in all areas - the environment, society and economics.**

Here is an example of just one sustainable action: **the production of drinking water from rainwater.** Further improvements to the cooling systems, which replaced rainwater cooled condensers with air-cooled ones, meant that there was a surplus of rainwater. The result was that in wet periods the rainwater storage pond tended to overflow. **Now the rainwater is being upgraded to drinking water quality** and means it can be used in the production process. The system can produce up to 10m³ of drinking water per hour.

Biomethane production

In the Belgian sites in Ardooie and Geer the biomethane production processes are now fully operational. Thanks to this process around **25% (Ardooie) and 15% (Geer) of the electricity required for production of our fresh-frozen vegetables can now be generated from vegetable waste.** An important 'green' step which represents the total annual electricity consumption of around 5,500 families.

The Biomethane plants together have a fermentation capacity of 100,000 tonnes. Of this, around 40,000 tonnes is vegetable waste (skins, cutting waste, etc.) supplied by the two sites themselves. Thanks to fermentation, these release biogas which is converted using a heat-power installation into useful **green energy.** In addition, the heat of the flue-gases is used to generate green electricity. This heats the blanching system.

The residue which remains after fermentation is also put to very good use. Thanks to the many nutrients it contains it provides a valuable **compost** for the fields where the vegetables which Ardo processes are grown. This completes the green circle.

Retro vegetables in unforgettable recipes

'**Retro vegetables**' such as purslane, Jerusalem artichokes, turnip and many others are no longer anything like as retro as their name suggests. Quite the opposite: they have had quite a bit of media attention and a number of top chefs have been putting them back on the map. These vegetables are also very well suited to mass catering, and Ardo can also offer ready-to-use solutions in this area. Ardo was also in the forefront in drawing attention back to these. In '**Retro vegetables and unforgettable dishes**' we have published an attractive brochure full of surprising and healthy dishes using these retro vegetables, prepared by the apprentices at the Catering school 'Ter Groene Poorte' in Bruges, Belgium.

Ask your sales contact for the brochure 'Retro vegetables and unforgettable dishes' or download it from www.ardo.com/download-center and be inspired!



Fresh frozen in the media

According to the British Frozen Food Federation the fresh-frozen food sector saw substantial growth last year. The sector was helped by celebrities such as the popular TV chef Jamie Oliver and consumers continue to appreciate the advantages of fresh-frozen vegetables, fruit, etc. They are most attracted by the noticeably high quality and the fact they are ready-chopped. No waste (buy 1kg = use 1kg), no loss, and the fact that fresh-frozen products are available all year round are viewed by consumers as major benefits.

New employee

Ardo is increasingly active in the Food Ingredients market. This has a lot to do with the efforts of the Food Ingredients teams, which were set up in 2011 in order to serve this market better with suitable products and a dedicated service.

Jørgen Melballe worked for several years in this department and is now enjoying his well-deserved retirement. He is succeeded as **Sales Executive for Ardo Food Ingredients Denmark** by **Kim Jensen.**



Josef Streicher cook at Rosenbauer

Josef Streicher cooks every day in the industrial kitchens at Rosenbauer, a company with 1,200 employees in Leonding in Austria which builds fire engines and fire-fighting equipment. Josef has a strong preference for fresh-frozen products from Ardo and makes no bones about it.

"The 'Classics' are often on the menu here, both the mixes and the single vegetables, which we use in side-servings and salads. I also try to use seasonal products as often as possible such as bear's garlic, asparagus and spinach. I am never disappointed by Ardo products: they are cut perfectly, they are always available in the quality I want, and in addition they are perfectly packaged. And then the price is good and the delivery period is right too."

Health first

In his kitchen Josef always applies a fixed philosophy, from which he never wavers. *"The health of my colleagues is the main thing. That is why I always look to cook fresh(-frozen), paying attention to nutritional value and also to regional, seasonal products. The lunch break here is always a time for 'eating experiences'."*

In future Josef wants to cook even more healthily. *"I want to shift the focus more to a healthy lifestyle for the people over 40 and 50 in our company. That is why we should start to use more whole grain products like bread, pasta and rice. And fruit is important too. So we hand out apples to our employees and we prepare our own fruit yoghurt. And our sandwich fillings are made here in our own kitchen."*

Variety is king

Josef has a fully-equipped industrial kitchen with all the necessary equipment and a good 14 employees. *"We provide 400 meals every day, both for employees and for the visitors' restaurant. Each day we offer three different menus. So there is something to please everyone. We pay the most attention to the vegetables. They are absolutely key for good health. And variation is important here too. To really get the benefits of vegetables you need plenty of variety."*

On the last page you will find a great recipe tip from Josef.
Enjoy the Asparagus Röstis!

2012 has begun on a positive note

There has been a sharp rise in demand, mainly in overseas and new growth markets. Steady growth has also been noticeable in Western Europe, particularly from February and March onwards, due to the very late severe winter on the one hand and the expensive and more limited supply of fresh vegetables on the other hand.



Meanwhile, the stocks built up during 2011 are considerably diminished. There is no question of surpluses - on the contrary! There are sporadic signs of possibly related problems with the new harvest (sweetcorn, spinach, peas).



Contracts with growers have been drawn up. Rising energy costs are having a direct impact on harvesting and production costs, causing total costs to rise slightly by 2 to 3%. The far higher raw material prices of 2011 remain.

Demand for cereals and crops for biomass remains high which results in attractive yields for growers as well as higher raw material prices for other crops, such as vegetables.

As far as the 2012 harvest is concerned, several countries were faced with prolonged drought; mainly in Southern Europe, France and the UK. In March, **peas** were sprayed in Southern Europe, which could result in a water shortage later in the year. There had been no rainfall in Spain and Portugal since November.

The **spinach** harvest already begun. Due to the extreme winter temperatures, the results of the first harvests of winter spinach are very disappointing. Yields were down by as much as 30%.



This is certainly a difficult start for the 2012 harvests.

Info march 2012

Culinary Ardo



Scampi with pesto cream sauce, flageolet beans and Pasta Primavera

Ingredients for 4 people:

24 scampi, 100g Ardo flageolet beans, 50g Ardo tomato cubes, 600g Ardo Pasta Primavera, 400ml béchamel sauce, 100ml cream, olive oil, Parmesan shavings to decorate

For the pesto:

50g pine nuts, 5g Ardo chopped garlic, 20g Ardo chopped basil, 50g Parmesan cheese, 50ml olive oil

Preparation:

Make a pesto with the parmesan cheese, olive oil, garlic, pine nuts and basil. Finish off the béchamel sauce with the cream and the pesto. Steam the flageolet beans till tender. Fry the scampi in the olive oil and season. Heat the Pasta Primavera in a steamer and mix it with the pesto sauce and the flageolet beans. Dress the scampi on top of the pasta and top with the parmesan flakes and the tomato cubes.



Asparagus Röstis

Ingredients for 4 people:

500g Ardo potato slices, 250g Ardo green asparagus, 250g Ardo white asparagus, 100g Ardo onion cubes, 10g Ardo chopped garlic, 5g Ardo parsley, 250g strips of ham, salt, white pepper, sugar, 30g olive oil, 125ml white wine

Preparation:

Fry the still frozen sliced potatoes in some olive oil and then add the onion cubes and fry together for a while. Boil sufficient water and season with white wine, salt and sugar. Cook the white and green asparagus for 5-8 minutes and then plunge into ice-cold water. Cut the asparagus into pieces and add to the sliced potatoes. Season everything with pepper, salt and the garlic.

Now briefly fry the strips of ham. Place the asparagus and potatoes, together with the ham, on a preheated plate. Finish with a bit of parsley.



Discover many other surprising recipes on www.ardo.com!



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☐ Zucchini Mix ☐ Retro Vegetable Mix
☐ Contorno Italiano ☐ Others.....



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